

Housekeeping
as a Profession

The Tribune Institute Tested Foods

A Dozen Delicious Ways To Use Cocos and Chocolates



By ANNA STANLEY

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AMONG the pleasantest memories of a tourist's trip through Europe are the little Swiss and French breakfasts—crispy rolls, piquant cheese and last, but most alluring, the "chocolate cup of cocoa," and, aside from its delicacy, it is an incomparable reviver, a real protein repairer. So it is not to be wondered at that such a food is daily gaining in popularity and here it appears in different forms for breakfast, luncheon and dinner, to say nothing of the ice cream sodas and malted milks in between times. It stands practically alone as a food flavor.

Cocoa and chocolate can be used interchangeably in most recipes calling for one or the other. In substituting cocoa for chocolate in a recipe use two level tablespoonsful of cocoa for one ounce or square of chocolate. It is also necessary to add about two level tablespoonsful of fat with the cocoa to make up for the fat content of the chocolate, especially in making cake.

Making Cocoa for Different Folks

There are several variations from the regular chocolate cocoa, but the one that it is going to be put to is

what should govern the method of making it. For children and invalids it is always better to use cocoa instead of chocolate and in no event should the milk be boiled, as it makes it very constipating.

The best method for simple cocoa is to allow two level tablespoonsful to one cup and mix it with one tablespoonful of sugar and three of boiling water, cook until it is thick and well blended, then add the warm milk gradually and heat to the boiling point. A few grains of salt brings out the flavor. Cocoa should be served as soon as it is made.

If you desire a richer beverage use one-half square or one-half ounce of grated chocolate with one tablespoonful of sugar. Cook thoroughly with four tablespoonsful of boiling water and stir steadily to make it as smooth as possible. Add a cupful of hot milk gradually and allow it to come to the boiling point.

A way of making a thicker cocoa is to add about one teaspoonful of cornstarch or flour moistened with a little liquid to three cupful of milk and six level tablespoonsful of cocoa. The starch and cocoa must be well boiled with a small part of the milk or a little water and the remainder added gradually and allowed to come to the boiling point.

It must be well beaten with an egg beater after removing from the fire. In fact this always gives a frothy, much improved cocoa. This seems to add richness and body to the drink, making it especially good for luncheon or afternoon tea.

One well beaten egg may be added to cocoa just before serving. This, of course, adds greatly to the nutritive value as well as to the flavor and is a good way of administering a "concealed egg" to a person who needs eggs but does not like them.

Chocolate Using Recipes

The following recipes using cocoa and chocolate are especially reliable as well as delicious, and will be welcomed in any chocolate-loving family. Fewer pennies will be lured from the pockets of the boys and girls by cheap chocolate candies and sodas if more cocoa and chocolate are used in the home.

A Real Devil's Food Cake

Cream one-half cupful of butter with two cupful of sugar. Add the well beaten yolks of four eggs and one-half cupful of grated chocolate melted. Mix in alternately one cup-

ful of milk and two and one-third cupful of flour, sifted with four teaspoonful of baking powder and one-half teaspoonful each of cinnamon and salt. Add the stiffly beaten whites of the eggs and one teaspoonful of vanilla. Bake in loaf or layers.

Another Chocolate Cake

Melt two squares of chocolate, add three tablespoonsful of butter, one cupful of powdered sugar and one-half cupful of milk. Stir and cook until it begins to thicken. Add the yolks of two eggs well beaten in one-half cupful of milk. Continue beating until it is almost jellylike. Set aside to cool. When almost cold add one teaspoonful of baking soda dissolved in a little water. Stir in one and two-thirds cupful of flour well sifted. Bake in two square layers. It will take only about seventeen minutes to bake.

Cocoa Layer Cake

Cream one-half cupful of butter or oleo until smooth and beat in one cupful of sugar. Add the yolks of three eggs well beaten and one teaspoonful of vanilla. Sift together one and one-half cupful of flour, six tablespoonsful of cocoa, two tea-

spoonsful of baking powder and a pinch of salt. Add two-thirds of a cupful of milk and the sifted ingredients alternately, beating very thoroughly. Fold in the stiffly beaten egg whites and pour into well greased pans and bake in a moderately hot oven for about thirty minutes.

Cocoa Angel Food

Beat the whites of five eggs until very foamy, add one-fourth teaspoonful cream of tartar and beat until dry. Then gradually add one cupful of sifted sugar which has been mixed with one-fourth cupful of cocoa. Add vanilla, one-half cupful of flour and one-half tablespoonful of cornstarch, which has been sifted many times. Bake in a tube pan one-half hour.

Fudge Frosting

Melt two ounces of chocolate over hot water. Add two cupful of sugar and one cupful of milk. Stir while the sugar melts. When it reaches the boiling point beat vigorously and let cook to the soft ball stage, which is about 236 degrees Fahrenheit. Remove from the fire, add two tablespoonsful of butter and let stand until cold, then beat

until creamy and spread on cake.

A very delicious uncooked frosting is made from powdered sugar, melted chocolate or cocoa and strong, hot coffee enough to moisten. Vanilla can be added if desired, but a few grains of salt are absolutely essential. It should be well beaten and so smooth it can be spread on the cake without lumping. If the combination of these two flavors is not liked it can be made from butter and moistened with a few drops of milk. The amount of chocolate can be regulated according to personal taste.

Cocoa Drop Cookies

Cream six tablespoonsful of butter or oleo with one cupful of sugar and five tablespoonsful of cocoa. Add well beaten eggs. Beat well, and add two cupful of flour, which has been sifted with two tablespoonsful of baking powder and one tablespoonful of milk. Drop by spoonful on oiled paper and dust with chopped nuts. Bake in a quick oven.

Dainty Chocolate Custards
Cook four tablespoonsful of grated chocolate with one cupful of milk and cook in a double boiler



until it becomes smooth; then add three cupful of milk and when hot pour it over one cupful of sugar which has been mixed with the well beaten yolks of four eggs. Return to the fire and stir until it begins to thicken. It must not boil. Add one teaspoonful of vanilla and when cool pour into tall glasses. Sliced banana added to this is delicious. This same custard can be used in a pastry shell, especially if the bananas are added, as it is then a little thicker. It must be put in the shell, however, just as it is being served.

Chocolate Ginger Cream

Mix two tablespoonsful of chocolate syrup and one of cream. Stir and add a tablespoonful of cracked ice. Fill the glass with ginger ale.

Chocolate Ice Cream

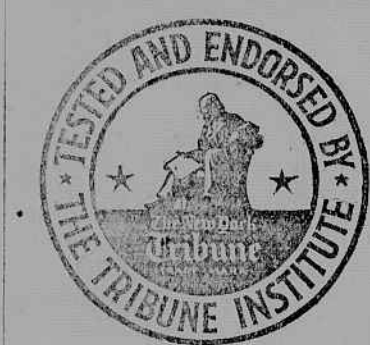
Scald one quart of cream over boiling water. Beat the yolks of four eggs. Add two and a half cupful of sugar and a teaspoonful of salt. Beat again. Add two or more squares of chocolate melted.

Allegretti Apples

Wash and core four red apples, put in a glass baking dish and cover with cold water. Bake slowly and when cool, cover with the following frosting: Beat the whites of two eggs very stiff and add one cupful of powdered sugar and one teaspoonful of vanilla and a few grains of salt. Beat until very smooth. Pour over apples and after it is almost hard pour melted bitter chocolate over to make a coating. It is a very convenient dessert, as it can be made in the morning. The children love it.

Chocolate Syrup

Mix one cupful of sugar with one-half cupful of cocoa and three-fourths of a cupful of warm water and a few grains of salt. Cook slowly and allow to boil only about three minutes. Cool and bottle to use as desired.



Eight Chocolate Products--Standard Plus

THESE PRODUCTS HAVE BEEN SUBJECTED TO A THOROUGH CHEMICAL TEST AND SHOWN TO BE OF EXCELLENT QUALITY, FREE FROM ADULTERATION AND LEGALLY LABELED. COOKING TESTS IN THE INSTITUTE LABORATORY HAVE BEEN MADE TO DETERMINE THEIR EDIBILITY AND ADAPTATION TO SPECIAL USES. (THE RESULTS OBTAINED ARE REPORTED BELOW.)

ANNE LEWIS PIERCE, Director, Tribune Institute.

showed 28 per cent of fat. It is of rather mild, delicate flavor, and well adapted to the breakfast cup and the use of children.

LENOX BRAND PREMIUM CHOCOLATE—Another excellent full chocolate, exceeding standard demands, as it contains nearly 54 per cent of cocoa fat and is above the average in other respects.

MAILLARD'S BREAKFAST COCOA—A cocoa containing about 27 per cent of fat, delicate in flavor; a pure cocoa, but not different in solubility from other cocoas. No cocoa is "soluble in boiling water" as stated on the label. This is a misunderstanding, as the cocoa is only held in suspension, not dissolved except to a very slight extent.

PHILLIPS' DIGESTIBLE COCOA COMPOUND—This product contains 12 per cent of sugar and

valuable phosphates in very small amounts, as is stated on the label. It was exceptionally rich in fat for a cocoa (33 per cent), and in flavor was difficult to distinguish from the chocolate. All cocoas are more digestible than chocolates, owing to the smaller amount of fat present, but this compound has no special claims to digestibility beyond this general fact. A good product as to flavor.

VAN HOUTEN'S FAMOUS COCOA—This cocoa is typical of the Dutch process cocoas, to which a small amount (3.5 per cent usually) of some harmless alkaline substance (a potash or soda) is added to make an emulsion with the fat of the cocoa and so yields a thicker beverage. The mineral content is increased slightly, but no free alkali is left in the drink.

The Van Houten's cocoa is rich, containing 29 per cent of fat, and is normal in all other respects for a cocoa treated in this way.

This imported Dutch cocoa costs 65 cents, as compared with 85 cents for other standard cocoas, a half pound package, the only variation being the specially compounded Phillips' cocoa, which costs 40 cents. The chocolates cost 30 cents a half pound, but are in solid cake form and do not "spend" so well in cooking as the cocoas, though they are richer.

There is probably no class of package foods more perfectly standardized and running more true to form than the chocolates and cocoas. The somewhat broad statements sometimes found on the label as to solubility, nutritive value and digestibility are practically the only criticisms to be made of them.

Things To Know About the Chocolate "Bean"

THE chocolate "bean" is not a bean at all, but the kernel of the fruit of the cacao tree of Central America and the tropics. The tree's first name, so to speak, is "Theobroma," which means "food of the gods," and indicates that it was as much appreciated by the ancient Incas, before Cortez brought it to us, as it is today by the thousands who say "chocolate" almost automatically when soda, cake, ice cream or candy is ordered.

When the beans are roasted, crushed and freed from hulls and germs they are known as cocoa nibs; when more finely ground to a thin paste and then cooled into cakes we have the plain bitter chocolate as we know it. With part of the fat taken out it becomes cocoa, and there are the many variations of milk chocolate and sweet chocolate as other additions are made.

Chocolate is food as well as flavor, and probably more of it is used than of all other flavoring materials put together. Chocolate and cocoa vie with coffee, despite the greater stimulating value of the latter, for popular favor and the coming of prohibition is going to extend the use of both greatly, so it is well to know what they are, what part they play in the diet, how the body likes them and how to use them to the best advantage.

The Difference

A true chocolate, unsweetened or otherwise modified, is nearly half fat (cocoa fat), the best of them containing from 45 to 55 per cent.

The only difference between a cocoa and a chocolate is that in making the cocoa about half of the fat is taken out, leaving from 20 to 30 per cent in the finished product. So in a cocoa you have a material that is less rich and more easily digested on the one hand, making it prefer-

able for steady use as a beverage, or for the use of children, or invalids or those who have a lazy liver and have difficulty in digesting fats; while the chocolate is desirable when it is to be used more occasionally, in combination as a flavoring, or when richness and smoothness of texture is desired. Chocolate flavor, however, is carried almost perfectly by the cocoas and depends largely

on the quality of the bean, and care in roasting, apart from richness. The economic use of cocoas, therefore, in many recipes, sauces, cakes, creams, etc., is to be recommended.

Solubility and the "Dutch Process"

The second most interesting point about either of these products in their use is to know that they are

very difficult to dissolve; in fact, cocoa is only about 25 per cent soluble, and therefore thorough boiling in water or in the milk, together with constant beating to produce a thickening of the mixture, is essential to a rich, palatable beverage. Materials (alkalis) added to "increase their solubility" do not do so; it is only "seeming," as they combine with the fats and make a better emulsion, no more chocolate is dissolved. The material added for this purpose in the "Dutch process" products is harmless.

The food value of cocoa is of interest since it far exceeds tea or coffee on its own account, and is moreover mostly made with milk or cream, which makes it unusually "heartly" for a beverage. Besides the fat in it, a plain chocolate has 12 per cent of protein and 28 per cent of starch. Allowance should be made for it when it is added to a meal, as it is real food, and perhaps taking it as a mere accessory or beverage may account for the fact that it sometimes is thought to disagree with a delicate digestion.

Is Cocoa a Stimulant?

Chocolate, like tea and coffee, has a stimulating principle in it—theobromine by name—but as there is only from 1 to 2 per cent of it present and since it does not have the direct effect on the nerve centers that the caffeine of coffee has, and the effect is further minimized by milk and the other food values of the chocolate or cocoa as served, this factor becomes much less important than in the case of tea and coffee. The fact that it is not craved as coffee and tea bears witness to its relative harmlessness, and while the former beverages are never to be given to children, cocoa is considered suitable for both the young and the old, the sick and the well.



Tribune Institute Letter Box

(Questions about food values, food preparations, diets, household administration and household equipment will be answered through this column or by mail, if not of general interest or not susceptible of brief treatment.)

How to Handle Soft Wheat Flour

I wish the Institute would experiment with the government flour at \$1.50 for twenty-four and one-half pounds in making biscuit and dumplings for potpie. I make them just as before, when I had light, successful ones, but with the government flour they are heavy. Does the "soft" wheat require more or less of liquid, shortening and baking powder?—J. B. W., East Orange, N. J.

while the soft flours are better adapted for cakemaking, in which the fermentation and expansion factors of the gluten are not involved. To have a baking turn out well one time and poorly another with the same recipe is most discouraging to the housekeeper and using standardized, uniform raw materials is one way to prevent this. The soft flours are perfectly good if one knows how to use them and knows that one has them!

Griddle Cakes—Buckwheat and Oatmeal

Is there any objection to the use of buckwheat griddle cakes made with yeast, salt and molasses after the weather becomes warmer? I find them very nourishing and much more sustaining than the cereals and fruits for breakfast.

Are there any other griddle cakes made with yeast instead of baking powder?—G. S., Jersey City, N. J.

The idea that buckwheat cakes are "heating to the blood," heavy, suitable only for cold weather, etc., is firmly entrenched, and certainly neither corn nor buckwheat cakes seem suitable for a mild spring morning. There is nothing, however, in the analysis of the buckwheat flour to substantiate this idea. On the contrary, the buckwheat contains less fat and less protein than either corn or oats or even than the white patent flour from which "flannel" cakes are made.

We rather think that it is the brief frying to a crisp brown, at high heat, so that the starch is imperfectly cooked, the number consumed and the sausage or other fat meat eaten with them, to say nothing of the quantities of butter and syrup, that have given the buckwheat cake the greater part of its bad reputation as a digestion disturber.

A more delicate cake is obtained by using graham flour instead of the buckwheat. Eaten with honey these are especially delicious, and the substitution of any other flour for buckwheat may be practiced with yeast-raised cakes.

Perhaps some of this feeling about buckwheat is a legend come down from the days when more of the fat was left in the flour than is now the practice (just as corn meal is now degenerated), with the result that the fat became rancid in hot weather and so proved unwholesome.

All in all we think that griddle cakes of all kinds should be but rarely used in warm weather, but a well made, light, yeast-raised buckwheat cake is no more indigestible than any other if the flour used is in good condition.

Heard in Food Circles

The Last Catch of Adulterated Foods

THE LAST announcement of notices of judgment under the food and drugs act shows in an interesting way how restricted the types of food adulteration have become. They included tomato pulps that had spoiled or failed to carry the weight declaration on the label; milk that had been watered, skimmed, or had spoiled; vinegar that lacked the standard strength; corn syrup that claimed to have been mixed with cane syrup, but was merely plain corn syrup (glucose) with only a trace of sugar; alleged blackberry beverage, which was an apple product diluted and artificially colored and contained no blackberry at all; an alleged cherry juice, which was in part a mixture of glucose and alcohol with a coal tar dye; "Pure Extra Fine Olive Oil," mixed with the cheaper cottonseed oil. These show the types of adulteration from which the public is protected by the operation of the food law and also by the purchase of branded goods of known reputation and honesty.

Making Grape Juice At Home

A RECENT government bulletin is entitled "Unfermented Grape Juice; How to Make It in the Home." It is Farmers' Bulletin 1075 and can be had free from the Division of Publication, United States Department of Agriculture, at Washington. The nutritional value of grape juice is due mostly to its sugars, but its food value is broader than this because of its flavoring, its refreshing qualities and its laxative effect. Its many uses in punches, ices, gelatines, oil dressings, etc., besides its convenience as a ready-to-use beverage, straight or in fruit punches, make it a handy thing to have on the pantry shelf any time of year. Both the procedure and the apparatus needed are very simple and this bulletin gives a diagram that makes each simple step plain for those who have the grapes. For those who haven't, the commercial brands offer a ready substitute.



A Basic Cake and Its Variations

By NELLE HOOPER

THERE are two classes of cakes, those made with butter and those without. I have a standard recipe for butter cake, and a great variety of effects can be secured by slight variations of this basic theme.

To insure uniform success it is desirable to use an oven thermometer, so there will be no guesswork. Thin cakes, or those baked in small tins, require a quicker oven than loaf cakes. Those containing molasses or chocolate should be baked more slowly than plain white cakes.

Before mixing a cake it is well to see that all the ingredients are at hand and your tins greased. However, it is better to line the tin with greased paper in most cases. And always, if possible, use a vegetable fat, since butter burns quickly. A little flour sprinkled on the pans after greasing will prevent sticking on the bottom. Accurate measurements are most important, as even small changes in the proportions of milk or flour will affect the texture of cake.

Following is the standard recipe for butter cake. This will make two loaf cakes or one loaf cake and three small layers:

Standard Butter Cake

Work one-half cupful of butter with wooden spoon until soft and creamy. Add one cupful of sugar, gradually working it into the fat. Beat two egg yolks until creamy and foamy. Beat the whites until stiff. Then mix and sift three cupful of flour, one-eighth teaspoonful of salt and four teaspoonful of baking powder. Add egg yolks to butter and sugar mixture. Beat until well mixed, then add sifted flour and one cupful of milk, alternately, to first mixture. Fold in egg whites and one teaspoonful of flavoring and pour into greased tins. Bake layer cake fifteen to twenty minutes in an oven of about 400 degrees. If it is a loaf allow forty-five to fifty minutes in an oven of about 350 degrees. It is interesting to note the manner in which a cake acts during the different intervals of baking. During the first quarter it should start to rise, during the second it should continue to rise and start to brown, during the third it continues rising and browning and in the fourth it finishes browning, shrinks from the sides of the pan and settles down a

very little. It can be determined whether or not the cake is done by touching it lightly with the finger. If it springs back quickly the cake is done.

Variations to Standard Cake

Spice Cake
To the batter add four tablespoonsful of cocoa, one teaspoonful of cinnamon, allspice and cloves. Mix well and bake according to rule.

Cocoanut Cake
Add one cupful of fresh or dried cocoanut and one teaspoonful of grated orange rind and one teaspoonful of lemon juice to standard recipe. Bake in loaf tins in a moderate oven about 350 degrees for fifty minutes.

Nut Cake
Add one cupful of chopped nuts to standard recipe. Bake in loaf tins according to rule.

Fruit Cake
Add one cupful of chopped raisins, one-half cupful of currants and one-fourth cupful of shredded citron to standard recipe. Stir in fruit just before adding the egg yolks.

Devil's Food Cake
Just before folding in the egg whites stir in two squares of unsweetened, melted chocolate in two tablespoonsful of milk. Bake in layers and put together with white icing.

White Cake
Use standard recipe, omitting egg yolks and using four egg whites instead of two. Add milk to creamed butter and sugar. Beat in sifted ingredients and fold in very carefully the well beaten egg whites. Use one-half teaspoonful of vanilla and bake in layers.

Gold Cake
Use standard recipe, omitting egg whites and using four egg yolks instead of two. Add one teaspoonful of lemon juice for flavoring. Bake the same as for white cake.

The following is an excellent recipe for gingerbread, which may be varied quite satisfactorily by adding fruit or nuts.

Rich Gingerbread
Cream one-half cupful of shortening with one cupful of sugar. Add two eggs, unbeaten, and mix well. Stir in one cupful of molasses and one cupful of sour milk. Then four cupful of flour, one teaspoonful of soda, one-half teaspoonful of salt, cloves and one teaspoonful of cinnamon and one tablespoonful of ginger. Bake in a large shallow tin or in muffin pans. If small cakes, bake for about twenty-five minutes in an oven of about 350 degrees, and if in a deep pan about thirty-five minutes.